

## CITY LEAGUE BASKETBALL RULES



Missouri State High School Activities Association (Federation) Rules will apply except in the following cases:

**NOTE:** Any athlete who has competed or is competing on a college or university basketball team during the same season is NOT eligible to play in the city league.

### 1. Starting Time and Game Preliminaries

A game may start prior to listed game time if both managers agree. It is the responsibility of each manager to submit his lineup to the official scorer ten minutes before game time. Failure to do so will result in a technical foul. If a team fails to have two (2) players on the floor ready to play at game time, the team must forfeit.

### 2. Time

Games will be played in two (2) halves of 20 minutes each and a 3-minute intermission. The clock will stop for:

- a. Injuries
- b. Team time-outs
- c. Any reason necessary by officials
- d. Any violation during the final **(1) minute of play during the first half** and two (2) minutes of the second half and overtime periods.

**\*\* Clock WILL run during free throw attempts\*\***

### 3. Time-outs

Each team will have two (2) time-outs per half and one (1) extra time out for each overtime period.

### 4. The Court

The front and back court procedures will be as stated in the official high school rules.

### 5. Substitutions

Players may be substituted during any dead ball period. A substitute must be at the scorer's table when the ball becomes dead or must be able to enter the game without delay during a dead ball period. The timer will determine the latter fact.

### 6. Dunking

**NO DUNKING OR GRASPING THE BASKET WILL BE ALLOWED AT ANY TIME**

Penalties: If a player dunks, his team will be assessed a technical foul and basket disallowed, in addition

- a. If the player dunks during pre-game practice he will be suspended for that nights game

- b. If a player dunks during the game he will be put out for the remainder of the game and suspended for the following weeks game (1 game)
- c. If a player dunks after the game is completed he will be suspended for the following week's game.

### **7. 30 Second Rule**

A team must shoot the ball toward its basket within 30 seconds after it has acquired team possession. Failure to do so is a violation and loss of ball will result. 30-second clock will be reset on changes of team possession, fouls, and shots that hit the basket rim.

### **8. Overtimes**

Overtimes for all leagues shall be two (2) minutes.

### **9. Fouls**

- a. The penalty for a personal foul depends on whether the player was in the act of shooting and how many fouls the offending team has committed in the half. If the player was in the act of shooting and misses while being fouled, the player shoots two or three free throws, depending on whether the player took a two-point or three-point shot. If the fouled player makes the shot, they receive one free throw regardless of where they took the shot. If the player was not shooting, the team gets possession of the ball out of bounds unless the fouling team has committed seven or more fouls in the half. If the foul is the team's seventh, eighth or ninth foul of the half, the fouled player gets a one-and-one free throw opportunity. If the player makes the first free throw, they get a second. If they miss the first free throw, the ball is live and play continues. If the foul is the team's 10th foul or more, the fouled player receives two free throws.
- b. Players may enter the foul lane upon release of the ball during free throw attempts.

### **11. Intentional Fouls**

An intentional foul at any time during the game shall be penalized by two free throws and possession of the ball to the offended team at mid-court. During a try for a basket, an intentional foul will be penalized by two free throws even if the basket is good and the offended team awarded possession. Flagrant intentional fouls may result in expulsion of the player.

### **12. Technical Fouls**

Technical fouls shall count towards the five (5) fouls for disqualification. All technical fouls shall result in two free throws. On a player's second technical foul, he shall be disqualified and ejected from the facility.

### **13. Player Conduct**

Player MISCONDUCT shall not be tolerated. A player shall be automatically seated on the bench for five "clock" minutes after a misconduct technical foul. In the even a player

is also ejected from the game as part of the misconduct technical foul, it is the responsibility of the coach to insure that this player leaves the playing facility. Failure to do so will result in a second misconduct foul on the coach. Any team that received two misconduct technical fouls may have the game forfeited to the opposing team. In the event that BOTH teams earn their second misconduct technical foul, the game may be declared a double forfeit.

**EJECTION RULE:** If a player is ejected twice in one season for any reason, he/she will be suspended for the remainder of the season. This covers any infraction which results in a player's removal from the game, including DUNKING!

#### **14. Uniforms**

Team's shirts shall be of the same solid color front and back. Each player shall be numbered on the front and back with plain Arabic numbers of a solid color contrasting with the color of the shirt and made of a material not less than  $\frac{3}{4}$  inch wide. A number may not have more than two digits and numbers must follow Federation rules regarding legal numbers. The back number shall be at least 6 inches high and the front number, 4 inches high. Only these legal numbers may be used: 0, 4, 5, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54, and 55.

### **RULES PERTAINING TO SLOW-BREAK BASKETBALL**

Slow-break means that the ball cannot cross the center line, in the first 7 seconds of ball possession unless all defensive players have crossed the center line. All other MSHSAA and city league rules will apply except for the following special league rules.

1. The 35-second clock will begin when the ball hits the rim.
2. After a team gains possession of a ball in their back court, they must advance the ball across the mid-court line within a maximum of ten (10) seconds.
3. The defensive team will not be allowed to full-court press. All defensive players must move directly to the defensive court after losing ball possession. After possession of the ball has been gained, any defensive violation occurring in the backcourt prior to the first dead ball under one minute remaining in regulation will result in two free throws and possession of the ball for the offense. Violations will include: Fouls, Press Violations and not proceeding directly to the front court.
4. If a ball is batted by a defensive player across the center line and a defensive player gains possession, the officials will stop play and award the ball to the team at the side of the court.
5. Beginning with the first dead ball possession under one (1) minute in the second half and continuing through all overtime periods, play will revert to regular city league rules. "This will allow teams to press and fast break."